



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 14096, Alcoholic beverage, wine, table, red ^a

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Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.4g	1 serving (5 fl oz) 147g
Proximates						
Water	g	86.49	--	--	25.43	127.14
Energy	kcal	85	--	--	25	125
Energy	kJ	356	--	--	105	523
Protein ¹	g	0.07	--	--	0.02	0.10
Total lipid (fat) ¹	g	0.00	1	--	0.00	0.00
Ash ²	g	0.28	1300	0.002	0.08	0.41
Carbohydrate, by difference	g	2.61	--	--	0.77	3.84
Fiber, total dietary ¹	g	0.0	1	--	0.0	0.0
Sugars, total ¹	g	0.62	1	--	0.18	0.91
Minerals						
Calcium, Ca ¹	mg	8	1	--	2	12
Iron, Fe ¹	mg	0.46	1	--	0.14	0.68
Magnesium, Mg ¹	mg	12	1	--	4	18
Phosphorus, P ¹	mg	23	1	--	7	34
Potassium, K ¹	mg	127	1	--	37	187
Sodium, Na ¹	mg	4	1	--	1	6
Zinc, Zn ¹	mg	0.14	1	--	0.04	0.21
Copper, Cu ¹	mg	0.011	1	--	0.003	0.016
Manganese, Mn ¹	mg	0.132	1	--	0.039	0.194
Selenium, Se ¹	μg	0.2	1	--	0.1	0.3
Fluoride, F ¹	μg	104.6	14	3.255	30.8	153.8

Nutrient	Unit	1			1 fl oz 29.4g	1 serving (5 fl oz) 147g	
		Value Per 100	Data points	Std. Error			
Vitamins							
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--	0.0		0.0
Thiamin ¹	mg	0.005	1	--	0.001		0.007
Riboflavin ¹	mg	0.031	1	--	0.009		0.046
Niacin ¹	mg	0.224	1	--	0.066		0.329
Pantothenic acid ¹	mg	0.030	1	--	0.009		0.044
Vitamin B-6 ¹	mg	0.057	1	--	0.017		0.084
Folate, total ¹	μg	1	1	--	0		1
Folic acid	μg	0	--	--	0		0
Folate, food	μg	1	--	--	0		1
Folate, DFE	μg	1	--	--	0		1
Choline, total	mg	5.7	--	--	1.7		8.4
Betaine	mg	0.3	1	--	0.1		0.4
Vitamin B-12 ¹	μg	0.00	1	--	0.00		0.00
Vitamin B-12, added	μg	0.00	--	--	0.00		0.00
Vitamin A, RAE	μg	0	--	--	0		0
Retinol	μg	0	--	--	0		0
Carotene, beta	μg	1	--	--	0		1
Carotene, alpha	μg	0	--	--	0		0
Cryptoxanthin, beta	μg	0	--	--	0		0
Vitamin A, IU	IU	2	--	--	1		3
Lycopene	μg	0	--	--	0		0
Lutein + zeaxanthin	μg	6	--	--	2		9
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00		0.00
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0		0.0
Vitamin D	IU	0	--	--	0		0
Vitamin K (phylloquinone)	μg	0.4	--	--	0.1		0.6
Lipids							
Fatty acids, total saturated	g	0.000	--	--	0.000		0.000
4:0	g	0.000	--	--	0.000		0.000
6:0	g	0.000	--	--	0.000		0.000
8:0	g	0.000	--	--	0.000		0.000

Nutrient	Unit	1			1 fl oz 29.4g	1 serving (5 fl oz) 147g	
		Value Per 100	Data points	Std. Error			
	g						
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0

Amino Acids

Other

Alcohol, ethyl ²	g	10.6	1300	0.020	3.1	15.6
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Anthocyanidins

Cyanidin ^{16 17 18 19 20 21 22}	mg	0.19	91	0.06	0.06	0.28
Petunidin ^{16 17 19 20 21 22 23 24}	mg	2.0	147	0.14	0.6	2.9
Delphinidin ^{16 17 19 20 21 22 23 24}	mg	2.0	147	0.14	0.6	3.0
Malvidin ^{16 17 18 19 20 21 22 23 24 25}	mg	13.8	166	0.78	4.1	20.3
Peonidin ^{16 17 19 20 21 22 23 24}	mg	1.2	147	0.08	0.4	1.8

Flavan-3-ols

Nutrient	Unit	1	Data points	Std. Error	1 fl oz 29.4g	1 serving (5 fl oz) 147g
		Value Per 100 g				
(+)-Catechin 18 20 23 24 25 26 27 28 29 30 31 32 33 34 35	mg	7.1	939	0.19	2.1	10.5
(-)Epigallocatechin 26 28	mg	0.1	15	0.01	0.0	0.1
(-)Epicatechin 16 18 20 23 24 25 26 27 28 29 30 31 32 33 34 35	mg	3.8	938	0.1	1.1	5.6
(-)Epicatechin 3-gallate 26 27 28	mg	0.0	16	0.01	0.0	0.0
(-)Epigallocatechin 3-gallate 26 28	mg	0.0	15	0	0.0	0.0
(+)-Gallocatechin 26 28	mg	0.1	15	0.02	0.0	0.1
Flavanones						
Hesperetin	mg	0.6	2	--	0.2	0.9
Naringenin	mg	1.8	2	--	0.5	2.6
Flavones						
Apigenin 19 36 37	mg	0.1	24	0.02	0.0	0.2
Luteolin 36 37 38 39	mg	0.0	39	0.01	0.0	0.1
Flavonols						
Isorhamnetin 38 39 40 41 42	mg	0.0	64	0	0.0	0.0
Kaempferol 20 32 33 34 36 37 38 39 40 41 42 43 44	mg	0.1	166	0.01	0.0	0.1
Myricetin 18 19 20 31 32 33 34 36 37 38 39 40 41 42 43 44 45	mg	0.4	219	0.01	0.1	0.6
Quercetin 18 19 20 24 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46	mg	1.0	313	0.04	0.3	1.5
Proanthocyanidin						
Proanthocyanidin dimers 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	12.3	270	8.9	3.6	18.1
Proanthocyanidin trimers 3 4 6 8 9 10 11 12 13	mg	2.4	73	2.25	0.7	3.6
Proanthocyanidin 4-6mers 8 9 13	mg	2.5	57	1.05	0.7	3.7
Proanthocyanidin 7-10mers 8 9	mg	3.8	3	1.95	1.1	5.5
Proanthocyanidin polymers (>10mers) 8 9	mg	8.6	3	3.79	2.5	12.6

Sources of Data

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²Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

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Footnotes

^a Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.